

Do Something!

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Be The Star In Your Own Life.

This newsletter comes to you from Kate Harper of Harper Coaching.

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Welcome to this issue of **Do Something!** - the newsletter that drops into your inbox every 2 weeks and is intended to inspire you to change the way you think and to stimulate you into action.

Welcome to all our readers, new and not so new!

I am so happy to be able to say I have subscribers from pretty much all over the world - **Albania, Australia, Canada, India, Ireland, Italy, Japan, New Zealand, South Africa, Switzerland, the UK and the USA.**

Please make sure that you put kate@harpercoaching.com on your allowed list, so that you can continue to receive this newsletter.

It came to me suddenly last week, (this often happens, especially when I am driving!) that so many of us are placing other people first in almost every aspect of our lives. It is not always the case that others are being demanding of us, but that we want to do the best for them that we can. There is also the pressure of these challenging economic times, which means we are more likely to put the needs of our business or employers before our own, in the hope that this will enable us to keep the business going or retain our job. It is tough and understandable.

You may have many roles in your life. Breadwinner; husband; wife; father; mother; manager; employer; employee etc. The list goes on. Each of those roles comes with certain obligations and expectations, many of them set by ourselves. And with those obligations and expectations we seem to lose something of ourselves.

So I say it is time to become the star in your own life and place yourself first. Not as some spoilt, demanding Z-lister, but as a classy, hardworking charismatic A-lister, who has that certain something which is hard to pinpoint. Could it possibly be that behind their eyes is a determination to do the best and be the best that they can be? Is that you? Do you want to be your own constant shining star, shedding your light around you as you go through life, or do you want to be a short-lived sparkler, fizzling out in a moment?

Do Something to move you towards your goals. What do you want? What do you need to do to get what you want? True stars do what needs to be done to get the job done, in all fields, be it acting, music, sports or business. They practice, they

learn to talk with different voices, change their looks and learn new pieces. They focus, focus, focus on the job in hand with their aim firmly fixed in their minds. Are you prepared to do this? Is what you want to achieve fixed firmly in your mind?

Do Something today that you've been putting off for a while. Are you standing in your own way? Your identity is not fixed, nor are your beliefs. Do you think you are not good enough? What are you afraid of? Could it be that you are afraid that if you decide to shine, it might happen and then you will have to sustain it? Yes, that could be tough, but if what you want is compelling enough, then you will do it.

(If Procrastination is one of your challenges and you haven't already done it, click [HERE](#) or go to <http://www.harpercoaching.com> to sign up for my complimentary 7-day mini e-Course on this subject.)

Do Something for yourself. What do you want your life to be like? How much do you really want it? Stars gather a support team around them. There is the agent, the manager, the PR team, the stylists, hairdressers and make up experts (for both men and women it seems), along with the nutritionist and the personal trainer. In business, there are experts in various fields, including the technical, the numerical, and the people people. Who do you want in your support team? Start building your team, as well as supporting others. Mutual support is better than a one-way street. The world has enough space for more than one star!

Do Something active every day. Getting in shape is a wonderful way to shine. There is something about someone who makes their wellbeing a priority (but not an obsession). It also means that you are physically able to face pretty much any challenge that you may come across. Being physically strong will also help your mental strength and give you the self-confidence to say "I matter."

Do Something because you want to, not because you *have* to. Do you always do what others want? Do you usually place other people before yourself? Is this how you have always been? You *do* have a choice. You can continue on in a supporting role or you can decide to take centre stage. This does not mean that others become unimportant, but that you give yourself the standing in your own life that you deserve. If you respect yourself and are unashamed of that then others will give you respect too.

Do Something new every day. Have fun with this. Who is your favourite star? What makes them more appealing to you than any other? Can you model some of their characteristics and behaviour? What about the way they walk? The way they hold their heads? Their speech patterns? Choose something new to try out and see how it fits.

Do Something creative every week. We are all blessed with gifts, talents and skills. Some of us just don't know what they are yet, or perhaps we have not yet acknowledged them as such. Start exploring and identifying yours. Then enjoy yourself by expressing yourself in any way that you like.

Do Something for nothing. Be yourself. Shine as you are. Not as someone else. You *are* a star.

Do enjoy this quote:

"Begin today! No matter how feeble the light, let it shine as best it may. The world may need just that quality of light which you have."

Henry C. Blinn

I do hope that this issue of **Do Something!** has inspired you to become the star in your own life!

Have a good couple of weeks and, even if it's only a *little thing*, **Do Something!**

Warm wishes,

Kate

Passionate about helping you achieve your goals.

Kate Harper is a Personal Development Coach with a special interest in Motivation & Wellbeing. She lives in the beautiful Highlands of Scotland.

To find out more about Kate's services please contact her at kate@harpercoaching.com or see www.harpercoaching.com

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